

Hemel Hempstead and Watford Network

LOOKING AHEAD TO 2019

By Jessica Pound and Henry Wellbelove

FROM THE EDITORS

This year the Hemel and Watford team has welcomed a surge of new recruits, reflecting the increased awareness of Crohn's and Colitis UK. In this issue we say farewell to 2018 with many more volunteers than we started it with, and look ahead to the exciting events planned for 2019.

MEDICAL MEETING: MENTAL HEALTH AND IBD

Dr Lyndsay Hughes

Lecturer in Health Psychology
King's College London

Join us for our next exciting and informative medical meeting, exploring the relationship between Inflammatory Bowel Disease (IBD) and mental health.




Living with a chronic condition is tough physically, but it can also take its toll mentally, demanding resilience and an ever-optimistic outlook on life.

In this meeting, Dr Lyndsay Hughes, Lecturer in Health Psychology at King's College London, will discuss how IBD can affect mental wellbeing, and likewise how state of mind can impact the symptoms and management of IBD. Dr Hughes will also share her top-tips for dealing with both aspects of IBD.

Agenda	
14:00-14:30	Dr Hughes' presentation
14:30-15:00	Q&A
15:00-16:00	Tea and cake

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 23	Saturday 23 rd February 2019
	14:00-16:00
	Medical Education Centre Hemel Hempstead Hospital HP2 4AD



ABOUT THE SPEAKER

Since becoming a Chartered Psychologist in 2012, I have been employed as a lecturer in Health Psychology at the Institute of Psychiatry, Psychology & Neuroscience at King's College London (KCL). My primary research interest is in adjustment to and management of chronic physical illness with a focus on developing innovative interventions to reduce distress and promote treatment adherence. My research has involved a number of different illness groups including Inflammatory Bowel Disease, Rheumatoid Arthritis, Breast Cancer and Cardiac conditions. In particular, my team recently developed a paper-based intervention to reduce distress in IBD.

I also enjoy disseminating the benefits of health psychology to medical and allied health professional colleagues with the aim of providing gold-standard treatment for patients. In addition to research, I am actively engaged with the training and education of healthcare professionals and health psychologists.

I also take an interest in health psychology as a discipline and served as honorary treasurer for the British Psychological Society's Division of Health Psychology for three years and I am a member of the Division of Health Psychology Training Committee which oversees accreditation of stage 1 and 2 health psychology courses in the UK. I am currently an associate editor for the journal *BMC Psychology* and regularly act as reviewer for NIHR, research council and charity grant applications.

MID AND EAST HERTS PUB QUIZ

On 21st November, the Hemel and Watford Local Networks team attended a pub quiz hosted by our neighbours in the Mid and East Herts team.

The Lower Red Lion in St Albans was packed to bursting, providing inspiration for our team name...Standing Room Only!

Even though we didn't win (or come anywhere close) it was a fun-filled fundraising evening which raised a whopping £585.50!

As a result of its great success, the Hemel and Watford team have decided to follow suit and host our own pub quiz in the New Year, watch this space!



DIVAS AND DIVOS

The Leverstock Green Players

Friday 25th - Saturday 26th January 2019, 19:45

Friday 1st February - Saturday 2nd February 2019, 19:45

Leverstock Green Village Hall, Hemel Hempstead

Rehearsals for the Leverstock Green Player's annual charity performance are in full swing, and Crohn's and Colitis UK has been lucky enough to be selected as their charity!

To kick off 2019, the theatre group will be performing Divas and Divos. Expect an evening packed full of music from some of the more controversial artists such as Boy George, Madonna and George Michael, with snippets of comedy between tunes! The night concludes with music from legends such as Donna Summer and Tina Turner followed by a raffle!

Come along and support what promises to be a fun-filled and entertaining evening and visit us on our stand!

Tickets are available now, call the box office on:
01442 259573

STAR OF HOPE

This Christmas is the perfect time to donate to Crohn's and Colitis UK. Your donation really helps change people's lives through ground-breaking research and providing newly diagnosed patients with information they need to come to terms with their illness and manage their conditions effectively.

Also, this year when you donate, you will receive our beautiful 'Star of Hope' which you can place on your tree with pride to remind you of the gift of hope you have provided.

CHARITY CHRISTMAS CARDS

Christmas is just around the corner, but don't panic if you are leaving your Christmas shopping and card writing until the last minute; we still have a range of fantastic charity Christmas cards available!

Browse the selection at:
www.crohnsandcolitisshop.org.uk

Each and every Christmas card you purchase and donation you give, will make a real difference to people affected by Crohn's and colitis.



AWARENESS WEEK 2018

This year's Crohn's and Colitis awareness week took place 1st-7th December.

Across the UK, Local Network teams were busy spreading the word and fundraising for Crohn's and Colitis through stands, bucket shakes and even radio interviews!

Crohn's and Colitis UK also dominated social media with this year's campaign of #ItTakesGuts to live with IBD.

Every day throughout awareness week, a new statistic was revealed on C&C UK Facebook, Twitter and Instagram pages, highlighting the often-overlooked impact of IBD on patients lives in addition to the physical symptoms.

Purple Friday took place on the last day of awareness week. The nation turned into a vivid sea of purple as workplaces, schools and individuals adorned a purple piece of clothing raising awareness further.



DATES FOR YOUR DIARY

LOCAL NETWORK MEETING

09/01/2019, 20:00

Rose and Crown Pub, Kings Langley

For more information, please contact

us at hhw@networks.crohnsandcolitis.org.uk

DIVAS AND DIVOS

25-26 January, 1-2 February 2019, 19:45

Leverstock Green Village Hall,

Hemel Hempstead

MENTAL HEALTH AND IBD MEDICAL MEETING

DR LYNDSEY HUGHES

23/02/19, 14:00-16:00

Hemel Hempstead Hospital

For more information, please contact

us at hhw@networks.crohnsandcolitis.org.uk

SEX AND IBD MEDICAL MEETING

LORRAINE GROVER

Date, time and location TBC

If you have received this newsletter by post and would be happy to receive future editions by email please provide your name, membership number and email address to networks@crohnsandcolitis.org.uk.

This will save the network valuable funds which can be used to benefit all those affected by Inflammatory Bowel Disease.

The Hemel Hempstead and Watford Network has made every reasonable effort to ensure the content of this newsletter is accurate but accepts no responsibility for any errors or omission. The views of the contributors do not necessarily reflect the views or policies of Crohn's and Colitis UK and no reference in this newsletter to any product or service is intended as a recommendation.

CONTACT US

**CROHN'S &
COLITIS UK**

HEMEL HEMPSTEAD AND WATFORD NETWORK

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Facebook



@CrohnsColitisHW

Crohn's and Colitis UK

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www.crohnsandcolitis.org.uk

Charity registered in England Number 1117148 Charity registered in Scotland Number SC038632

A company limited by guarantee in England: company number 5973370

HELPLINE

Our helpline is a confidential service providing information and support to anyone affected by Crohn's Disease, Ulcerative Colitis and other forms of Inflammatory Bowel Disease (IBD).

Our team can:

- help you understand more about IBD, diagnosis and treatment options
- provide information to help you to live well with your condition
- help you understand and access disability benefits
- be there to listen if you need someone to talk to
- put you in touch with a trained support volunteer who has a personal experience of IBD

CONTACT US BY:

Telephone: 0300 222 5700*

Mon, Tue, Wed and Fri - 9 am to 5 pm

Thu - 9 am to 1 pm

Email: info@crohnsandcolitis.org.uk

Web Chat (Live Online): see our [website](http://www.crohnsandcolitis.org.uk) for details

**Calls to this number are charged at a standard landline rate or may be free if you have an inclusive minutes' package. Calls may be recorded for monitoring and evaluation purposes.*